

ALEXANDRIA DEPARTMENT of RECREATION, PARKS AND CULTURAL ACTIVITIES
RECREATION SERVICES DIVISION
SPORTS OFFICE



2013 ROOKIE COACH-PITCH SOFTBALL LEAGUE
RULES and REGULATIONS
(Revised 3/13)

1. **ELIGIBILITY**

- 1.1 All players must be residents of the City of Alexandria.
- 1.2 League age is determined by a player's age as of April 30 of the current year. A girl will be able to participate provided she has reached her 6th birthday and not reached her 9th birthday on or before April 30th of the current year.
- 1.3 The Sports staff is responsible for checking and verifying the age of the players.
- 1.4 All games involving the use of an ineligible player will result in an automatic forfeit and disciplinary action for the coach.
- 1.5 Each player must have a current registration form signed by his/her parents and return it to the Sports Office before being allowed to participate.
- 1.6 A child cannot participate in any other Alexandria Coach Pitch Baseball, T-Ball or Softball Leagues while playing on another organized softball team in the city.

2. **ROSTER**

- 2.1 Rosters are limited to a minimum of 7 players and a maximum of 14 players.
- 2.2 Roster changes or additions must be approved by the Recreation Department Sports Office staff only.
- 2.3 All teams will be expected to participate in the Annual Opening Day Ceremony. Coaches and players will be recognized as a team during the ceremony.

3. **PLAYING RULES**

- 3.1 National High School Federation (NHSF) rules shall apply to all general features of the game except as amended herein.
- 3.2 Players must wear matching jerseys and visors. Visors will be issued to each player, but are optional to wear. Softball pants, shorts or other is optional as outlined by the coach. All jerseys must be worn inside the shorts or sweatpants. No blue jeans will be allowed.
- 3.6 Runners may not leave base until batter hits the ball.
- 3.5 Bunting is not allowed.
- 3.6 Official game shall be no more than one (1) hour thirty (30) minutes. There will be a 20 minute grace period for weeknight's games only to field a legal lineup before the game is declared a forfeit. The amount of time lost for the grace period will be deducted from the one (1) hour and thirty (30) minute time limit. *All games will have a two hour drop dead time limit.*
- 3.7 For weekend games, there will be a 10 minute grace period to field a legal lineup before the game is declared a forfeit. The amount of time lost for the grace period will be deducted from the one (1) hour and thirty (30) minute time limit. If a game is started late on the weekends, the team that causes the late start will begin their offensive side in the first inning only with one (1) out against them. **THE OBJECT HERE IS TO NOT HAVE FORFEITS, BUT TO PLAY IF POSSIBLE.**
- 3.8 Official game shall be 6 innings (5½ if the home team is ahead). In case of rain or an abbreviated game, four (4) innings (3½ if the home team is ahead) shall be an official game. If a tied game is stopped after four (4) or more innings, such game shall be recorded as a tie game and not be replayed.
- 3.9 Tie games shall be stopped after 6 innings and not be replayed.
- 3.10 No players will be allowed to stand outside the dugout at any time during the game except for only one player (on deck batter with helmet on) may be within the designated on deck circle next to the dugout.
- 3.11 A team's batting lineup shall consist of all its players who are present at the game. If a player is late for the game, such player is inserted last in the batting lineup. The on deck batter must wear a helmet/mask and be positioned behind the batter's backside.
- 3.12 On defense, a team may play no more than ten (10) players at the same time. Players must be rotated to play different positions after each inning. Coaches

should give each child equal opportunities to play different positions, not just one set position.

- 3.13 All players must play at least two complete innings in the field except for an abbreviated game. Failure to abide by this rule will result in the forfeiture of the game.
- 3.14 The infield fly rule shall not apply.
- 3.15 A team may play a game with as few as seven (7) players. If a team has fewer than seven (7) players, such game shall be automatically forfeited.
- 3.16 If the team coming to bat is tied or winning, such team may score a maximum of four (4) runs. If the team is losing, then such team may tie the game or score four (4) runs, whichever is the greatest number. The side is automatically retired when three (3) outs occur, regardless of the number of runs scored. **STANDINGS ARE NOT KEPT.**
- 3.17 Pick-off throws by the catcher when the batter fails to hit the ball are not allowed.
- 3.18 Base stealing is not allowed.
- 3.19 Players may withdraw and re-enter the game defensively an unlimited number of times.
- 3.20 If a coach/volunteer umpire sees a runner fail to touch a base, such runner shall be called out after the play has ended. The National High School Federation rules (NHSF) rules apply to this situation.
- 3.21 If the runner leaves base before the batter hits the ball, such runner shall be called out only if the batter hits a fair ball. The **"out" call** shall be made at the end of the play unless it is the third out.
- 3.22 When a ball is "overthrown" and goes out of bounds, the base runners cannot advance.

EXCEPTION: The batter-runner will only be awarded second base if an overthrow goes to the outfield.

- 3.23 If a base runner fails to touch a base, she is out if the base is tagged by a defensive player holding a "live" or "dead" ball while appealing to the coach/volunteer umpire and before the runner returns to legitimately touch the base. The runner may not return to a missed base after the umpire has stopped play. A coach/volunteer umpire must see the runner miss the base, otherwise the runner is safe. A coach/volunteer umpire may not tell either team when he/she sees a runner miss a base. If no appeal is made by the defense, the runner is safe.

- 3.24 Aluminum bats must meet all standards of the Amateur Softball Association (ASA), USSSA, National High School Federation rules (NHSF) or PONY rules.
- 3.25 All players should attempt to slide when there is a close play at second, third or home base. Players must avoid collisions. Sliding is not permitted at first base. Coaches should be teaching their players to proper sliding techniques.

4. **PITCHING RULES**

- 4.1 **Player-Pitcher** – the player-pitcher shall be **35 feet** from home plate and the bases 60 feet apart. The pitcher must be in direct contact with both feet on the pitching rubber prior to and during the delivery of the pitch. An illegal pitch will be called and a ball is called by the umpire, if a pitcher does not start with both feet on the pitching rubber during the delivery of the pitch.
- 4.2 The pitcher must pitch underhanded using the windmill, or starting from the “K” position.
- 4.3 The player pitcher shall throw to the batter until earliest occurs: three strikes, four balls or the player hits the ball and is safe on a base or out at the base. There are no illegal pitches.
- 4.4 **Coach-Pitcher** – Upon the player throwing four (4) balls, the batter’s coach shall enter the game and throw to the batter. The coach must pitch from the pitcher’s rubber or not less than five (5) feet in front of the pitcher’s rubber. The coach-pitcher may only throw up to four (4) pitches before the batter is considered out.
- A. If the batter has four balls and no strikes the coach-pitcher shall have the opportunity to throw to the batter until the earliest occurs: three strikes, four balls or the player hits the ball and is safe on a base or out at the base. A foul ball is considered a strike until the batter has two (2) strikes. A batter has unlimited foul balls.
 - B. If the batter has four balls and one strike, the coach-pitcher shall have the opportunity to throw to the batter until the earliest to occur of two (2) strikes or the player hits the ball and is safe on a base or out at the base. A foul ball is considered a strike until the batter has two (2) strikes. A batter has unlimited foul balls.
 - C. If the batter has four balls and two strikes, the coach-pitcher shall have the opportunity to throw to the batter until the earliest occurs: three strikes, four balls or the player hits the ball and is safe on a base or out at the base. A foul ball is considered a strike until the batter has two (2) strikes. A batter has unlimited foul balls.

- 4.5 If a batted ball hits the coach-pitcher, the ball is in play.
- 4.6 If the coach-pitcher fails to make an attempt to get out of the way of the batted ball and the ball touches the coach-pitcher, the batter is out and all runners return to the base they left from.
- 4.7 The defensive team must use a fielder-pitcher who stands next to the coach-pitcher. All throws directed toward the pitcher, except those from the catcher, must be fielded by the fielder-pitcher who hands the ball to the coach-pitcher for the next pitch.
- 4.8 When the ball is in the coach-pitcher's hand all runners must stop running and return to last base touched unless the runner is more than half way towards the next base; in which case, such runner is awarded the next base. Play is stopped when the ball is in control of an infielder (in the infield) and the coach/volunteer umpire has called the play dead.
- 4.9 Balls and strikes shall not be called.
- 4.10 If the batter throws the bat, she is automatically out and all base runners must return to the base held before the ball was hit. A "thrown bat" is a bat that is:
 - a. Thrown beyond 15 feet from the point of home plate in any direction;
 - b. Thrown so that it hits the backstop, or
 - c. Thrown so that it hits another person.
 - d. Thrown in poor sportsmanship

5. **GENERAL**

- 5.1 Players are not allowed to wear metal spikes.
- 5.2 Each team is responsible for supplying one adult volunteer umpire. Two adult coaches are permitted for the offensive team. Adults only may coach a base.
- 5.3 Home team shall occupy the third base dugout. Two adult base coaches only are permitted for the offensive team. Coaches may stand outside the dugout by the open gate area only while their team is on defense, but may not interfere with the regulation of the game.
- 5.4 The home team is responsible for keeping the official scorebook and supplying the game balls and bases.
- 5.5 Any dispute regarding the score of the game must be settled by the official scorekeeper and the two managers. Scorekeepers should compare scores at end of each half inning to avoid any disagreement. If a dispute cannot be settled, the

official score book (home team) score will prevail. HOWEVER, NO STANDINGS WILL BE KEPT IN THIS LEAGUE.

- 5.6 The Recreation Department will notify the team managers by Sports Hotline 703.746.5597, e-mail and phone calls if the game is canceled due to bad weather or poor field conditions. If bad weather develops just prior to game time, the managers of each team will determine whether to play the game. Once the game has started, the coach/volunteer umpire shall determine whether a game should continue in case of bad weather or darkness.
- 5.7 Any question or situation not covered by these league rules, or official interpretation thereof, shall be referred to the Sports Office.
- 5.8 A manager shall not remove a team from the field nor restrict youth from participating in any game without the consent of the Sports Office. Such conduct will not be tolerated and could result in an official reprimand or one game suspension for the first offense. Further violation of this rule may result in termination from the program.
- 5.9 All players, coaches and parents must sign the Code of Sportsmanship prior to the start of practices. Coaches shall be responsible for the conduct of their players, both on and off the field and their spectators/ improper conduct on the part of the players; coaches or spectators may result in the expulsion, suspension or forfeiture of the game.
- 5.10 Profane and abusive language by the players, coaches, or spectators will not be tolerated. Disciplinary action can include suspension, loss of NYSCA certification and/or termination from the league by the Sports Office.
- 5.11 Coaches from each team shall meet before each game to review the general rules, and to discuss any mutually agreed upon changes. Coaches are encouraged to play all their players at all the defensive positions during the course of the season.

